



ZEM Essential Programme

The foundation of conscious longevity.

Rates

3N

7N

€ 2.500

€ 3.300



EXPECTED RESULTS

A comprehensive recalibration of physical and mental balance. Improved clarity, stable energy and restorative sleep, supported by a precise medical assessment of metabolic and cellular health. The programme concludes with a personalised plan that supports informed and sustainable health decisions.

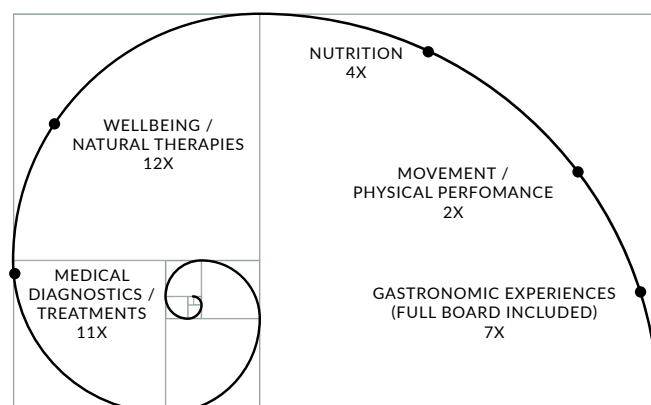
WHO IS IT FOR

Adults seeking to restore balance and energy within a short period of time. Particularly suited to those looking for a comprehensive medical evaluation and a structured metabolic reset. A clinical and Mediterranean experience, delivered over 7 days.

REASONS TO CHOOSE IT

A structured clinical introduction to the ZEM Method, combining medical diagnostics, Mediterranean nutrition and restorative therapies in a balanced format. It supports the recovery of physiological rhythm and clarity, establishing a solid foundation for future health decisions.

7-NIGHT PROGRAMME STRUCTURE



Important information

- All programmes are personalised and adapted to each guest's physical condition, clinical needs and individual objectives.
- All programmes include full board based on their nutritional approach and aligned with the therapeutic process.
- Unlimited access to Spa, Fitness and Wellness areas is included throughout the stay.
- Prior to commencing the experience, each guest needs to undergo the ZEM Wellness Medical Assessment, which confirms programme suitability and allows for the precise adjustment of every intervention.
- Activities listed under Group Experiences are scheduled upon the guest's arrival.



Services / ZEM Essential Programme

Medical Consultations and Tests	3N	7N
Basic Blood Analysis	-	1
Clinical Analysis – Essential Programme • Oxidative Stress and Free Radicals Test	-	1
Diagnostic LAB • Vital Signs • Advanced Electrocardiogram • Body Composition • 3D Body Scanner • Cardiovascular Health and ANS • Grip Strength • Facial Skin Health • Mental Performance	1	1
Initial Biointegrative Medicine Consultation	1	1
Informative Aesthetic Medicine and Cellular Regeneration Consultation	-	1
Rejuvenation and Longevity Medicine Consultation	1	1
Healthy Pro-Ageing Medicine Consultation	-	1
Test and Analysis Results Consultation	-	1
Personalised IV Treatment	-	1
Ozonated Serum Treatment	1	1
Final Biointegrative Medicine Consultation	-	1
Nutrition	3N	7N
Nutritional Assessment and Metabolic Bioregulation	1	1
Personalised Health Plan Consultation	-	1

Wellbeing and Natural Therapies	3N	7N
Spa Experience Circuit	1	1
Mediterranean Welcome Massage	1	1
MLX i ³ Dome Triple Detox Metawell® Treatment	1	1
Private Body-Mind Connection Session	1	1
ZEM Signature Body Massage	1	1
OxyPro™ Hyperbaric Oxygen Chamber Treatment	-	1
INDIBA® Body Remodelling Treatment	-	1
Underwater Massage	-	1
Hair Health Assessment	1	1
ReLounge Metawell® Treatment	-	1
Zestós DryFloat Metawell® Treatment	1	-
RLX BrainGym™ Metawell® Treatment	-	1
Personalised Organic Facial Treatment	1	1
Physical Performance	3N	7N
Functional Age Physical Assessment	-	1
Private Physical Performance Session (Personal Training / Pilates)	1	1
Group Experiences	3N	7N
Visit to Finca Althaya	1	1
Cooking Class	1	1



ZEM Detox Programme

Deep purification. Balance you can feel.

Rates

7N	14N
€ 5.500	€ 9.000



EXPECTED RESULTS

Cellular detoxification, reduced inflammation and a sense of physical lightness. Improved digestion, energy and mental clarity, alongside supported liver and lymphatic function, balanced metabolism and enhanced skin appearance.

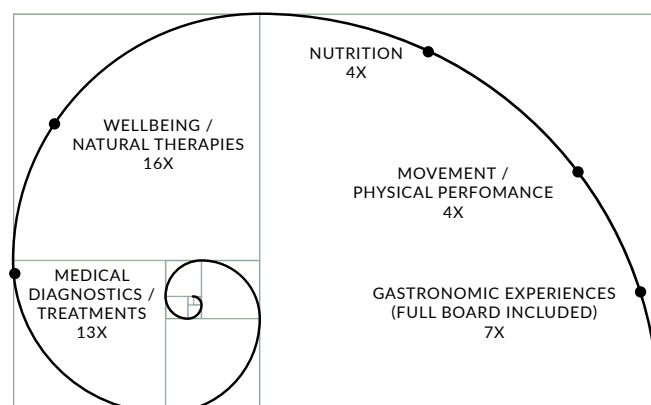
WHO IS IT FOR

Adults experiencing fatigue, fluid retention, sluggish digestion or mental fog. Particularly suited to those seeking a structured physiological reset supported by clinical detox protocols and Mediterranean nutrition.

REASONS TO CHOOSE IT

Designed to address fatigue, digestive slowdown, inflammation and metabolic overload. Supports liver and lymphatic function through clinical and oxygenation therapies, integrating scientific protocols with Mediterranean balance. An appropriate starting point before other longevity or metabolic programmes.

7-NIGHT PROGRAMME STRUCTURE



Important information

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Services / ZEM Detox Programme

Medical Consultations and Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Detox Programme		
• Food Sensitivity Test (270 Foods)	-	1
• Mineral and Heavy Metals Analysis	1	1
Diagnostic LAB		
• Vital Signs		
• Advanced Electrocardiogram		
• Body Composition		
• 3D Body Scanner	1	1
• Cardiovascular Health and ANS		
• Grip Strength		
• Facial Skin Health		
• Mental Performance		
Initial Biointegrative Medicine Consultation	1	1
Rejuvenation and Longevity Medicine Consultation	1	1
ZEM Detox IV Treatment	2	3
Colon Hydrotherapy	1	2
Healthy Pro-Ageing Medicine Consultation	1	1
Test and Analysis Results Consultation	1	1
Informative Aesthetic Medicine and Cellular Regeneration Consultation	1	1
• Aesthetic Facial Scan		
Emotional and Mental Wellbeing Consultation	1	2
Final Biointegrative Medicine Consultation	1	1
Nutrition	7N	14N
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-Up Consultation	-	1
Personalised Health Plan Consultation	1	1

Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Mediterranean Welcome Massage	1	1
Sahara Hammam Ritual	1	1
MLX i³Dome Triple Detox Metawell® Treatment	2	4
Hydrodetox Cure Circuit	2	4
Traditional Chinese Medicine Consultation / Acupuncture Treatment	1	2
Icoone® Body Slimming Treatment	2	3
Underwater Massage	1	2
Lymphatic Pressotherapy	1	2
Detox Cupping Massage	2	3
Hydrafacial® Treatment	1	1
Marine Detox Body Exfoliation	1	2
Private Body-Mind Connection Session	-	1
Physical Performance	7N	14N
Functional Age Physical Assessment	1	1
Private Physical Performance Session (Personal Training / Pilates)	1	2
Group Experiences	7N	14N
Visit to Finca Althaya	1	1
Cooking Class	1	1
Strength Session	1	1
HIIT Burn Session	1	1

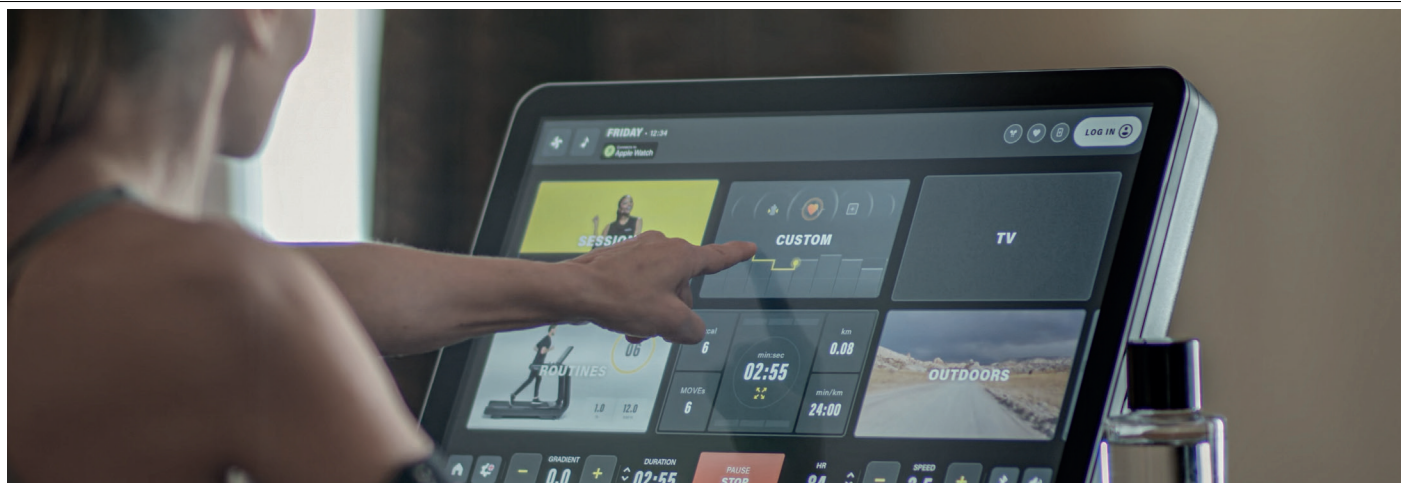


ZEM Weight Management Programme

Stabilise metabolism. Feel lighter.

Rates

7N	14N
€ 5.500	€ 9.000



EXPECTED RESULTS

Progressive and sustainable reduction in weight and abdominal circumference. Improved metabolic efficiency, digestion and hormonal balance, with increased energy and improved sleep quality. The programme concludes with a personalised medical-nutritional plan designed to support long-term results.

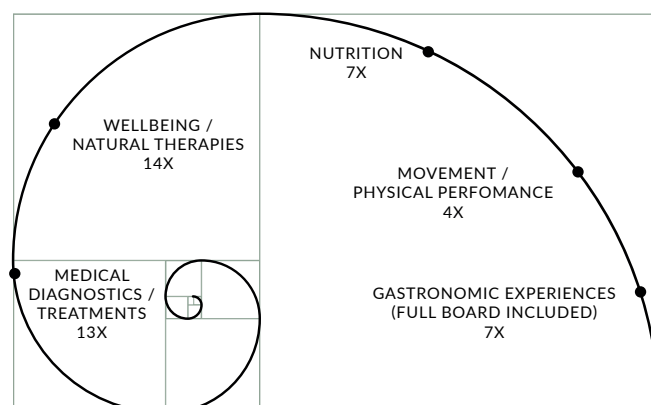
WHO IS IT FOR

Individuals seeking to improve body composition in a healthy and sustainable manner, optimise metabolism or prevent imbalances such as insulin resistance or persistent fatigue. Particularly suited to those aiming to adjust habits and restore physical and mental balance.

REASONS TO CHOOSE IT

A clinical programme integrating precision diagnostics, structured nutrition and advanced metabolic therapies. Its medical and Mediterranean approach supports functional metabolic improvement, promoting a lighter, more efficient and balanced body over time.

7-NIGHT PROGRAMME STRUCTURE



Important information

- All programmes are personalised and adapted to each guest's physical condition, clinical needs and individual objectives.
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- Unlimited access to Spa, Fitness and Wellness areas is included throughout the stay.
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- Activities listed under Group Experiences are scheduled upon the guest's arrival.



Services / ZEM Weight Management Programme

Medical Consultations and Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Weight Management Programme		
• Food Sensitivity Test (270 Foods)	1	1
• Basic Intestinal Microbiota Assessment	-	1
Diagnostic LAB		
• Vital Signs		
• Advanced Electrocardiogram		
• Body Composition		
• 3D Body Scanner	1	1
• Cardiovascular Health and ANS		
• Grip Strength		
• Facial Skin Health		
• Mental Performance		
Initial Biointegrative Medicine Consultation	1	1
Colon Hydrotherapy	1	2
Rejuvenation and Longevity Medicine Consultation	1	1
ZEM Weight Balance IV Treatment	2	3
Test and Analysis Results Consultation	1	1
Informative Aesthetic Medicine and Cellular Regeneration Consultation	1	1
• Aesthetic Facial Scan		
Emotional and Mental Wellbeing Consultation	1	2
Biodental Consultation	-	1
Healthy Pro-Ageing Medicine Consultation	1	1
Final Biointegrative Medicine Consultation	1	1
Nutrition	7N	14N
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-Up Consultation	1	2
Personalised Health Plan Consultation	1	1
Weight Control	2	4
Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Mediterranean Welcome Massage	1	1
Icoone® Body Slimming Treatment	2	3
Hydrodetox Cure Circuit	2	4
Traditional Chinese Medicine Consultation / Acupuncture Treatment	1	2
MLX i³Dome Triple Detox Metawell® Treatment	1	2
Underwater Massage	1	2
Sculping Massage	1	2
INDIBA® Body Remodelling Treatment	2	4
Private Body-Mind Connection Session	-	1
Body Slimming Treatment	2	3
Cryotherapy Treatment	-	1
Physical Performance	7N	14N
Functional Age Physical Assessment + Private Physical Performance Session (Personal Training / Pilates)	1	1
Private Physical Performance Session (Personal Training / Pilates)	2	3
Group Experiences	7N	14N
Visit to Finca Althaya	1	1
Cooking Class	1	1
Fat Burn Circuit Session	1	1



ZEM Neuro Balance Programme

Restore calm. Reset the inner rhythm.

Rates

7N 14N

€ 6.000 € 9.500



EXPECTED RESULTS

Improved emotional balance, deeper rest and enhanced mental clarity. The programme reduces physiological stress, supports nervous system regulation and promotes more stable mental energy through clinical therapies, neuromodulation and evidence-based mind-body practices.

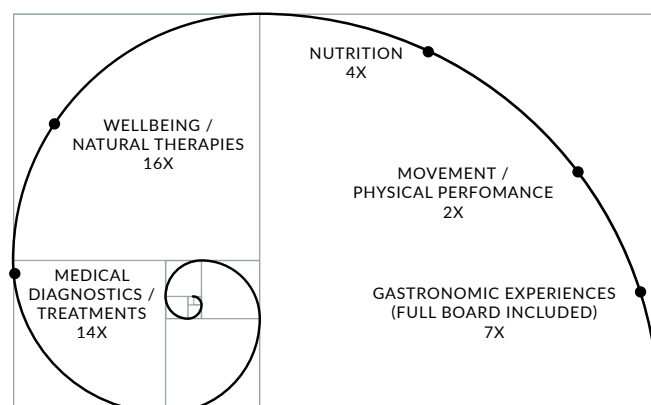
WHO IS IT FOR

Individuals experiencing mental fatigue, insomnia or prolonged stress who wish to restore neurophysiological balance. Particularly suited to executives, creatives and high-demand profiles seeking improved focus, sleep quality and emotional calm.

REASONS TO CHOOSE IT

A clinical approach combining precision medicine, wellness technology and natural therapies. ZEM Neuro Balance acts on the nervous and hormonal systems, improves sleep quality and reduces overall stress load, providing a structured foundation for sustained emotional resilience.

7-NIGHT PROGRAMME STRUCTURE



Important information

- All programmes are personalised and adapted to each guest's physical condition, clinical needs and individual objectives.
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- Unlimited access to Spa, Fitness and Wellness areas is included throughout the stay.
- Prior to commencing the experience, each guest needs to undergo the ZEM Wellness Medical Assessment, which confirms programme suitability and allows for the precise adjustment of every intervention.
- Activities listed under Group Experiences are scheduled upon the guest's arrival.



Services / ZEM Neuro Balance Programme

Medical Consultations and Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Neuro Balance Programme		
• Salivary Cortisol and DHEA Analysis	1	1
• Oxidative Stress and Free Radicals Test	-	1
Diagnostic LAB		
• Vital Signs		
• Advanced Electrocardiogram		
• Body Composition		
• 3D Body Scanner	1	1
• Cardiovascular Health and ANS		
• Grip Strength		
• Facial Skin Health		
• Mental Performance		
Initial Biointegrative Medicine Consultation	1	1
Emotional and Mental Wellbeing Consultation	2	3
Rejuvenation and Longevity Medicine Consultation	1	1
ZEM Stress Release IV Treatment with Intravenous Laser	1	2
Neurocognition and Mental Performance Consultation	1	2
Personalised Neurotherapy	2	3
Test and Analysis Results Consultation	1	1
Hypoxia–Hyperoxia Treatment	-	2
Informative Aesthetic Medicine and Cellular Regeneration Consultation	1	1
• Aesthetic Facial Scan		
Neurocognition and Mental Performance Follow-Up Consultation	1	2
Healthy Pro-Ageing Medicine Consultation	-	1
Nutrition	7N	14N
Nutritional Assessment and Metabolic Bioregulation	1	1
Personalised Health Plan Consultation	1	1

Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Neuro Relax Ritual	1	2
Vibrational Aquatic Ritual – Watsu®	1	1
Private Body–Mind Connection Session	3	6
Libra Edge Metawell® Treatment	1	1
Zestós DryFloat Metawell® Body Treatment	1	2
RLX BrainGym™ Metawell® Treatment	2	4
Traditional Chinese Medicine Consultation / Acupuncture Treatment	1	2
ZEM Signature Body Massage	1	1
Conscious Breathing Session	1	1
Relaxing Body Treatment	1	1
Relaxing Massage	1	2
MLX Quartz Metawell® Treatment	-	1
Aqua Relax Treatment – Watsu®	-	1
Shirodhara Ayurvedic Massage	-	1
Cryotherapy Treatment	-	1
Abhyanga Ayurvedic Massage	1	1
Physical Performance	7N	14N
Functional Age Physical Assessment	-	1
Private Physical Performance Session (Personal Training / Pilates)	2	3
Group Experiences	7N	14N
Visit to Finca Althaya	1	1
Cooking Class	1	1



ZEM Immunity Programme

Balanced defences. Sustained vitality.

Rates

7N	14N
€ 6.000	€ 9.500



EXPECTED RESULTS

Progressive reinforcement of immune function, reduced inflammation and improved adaptability to physical and environmental stress. The programme supports cellular function, oxygenation and more efficient energy recovery.

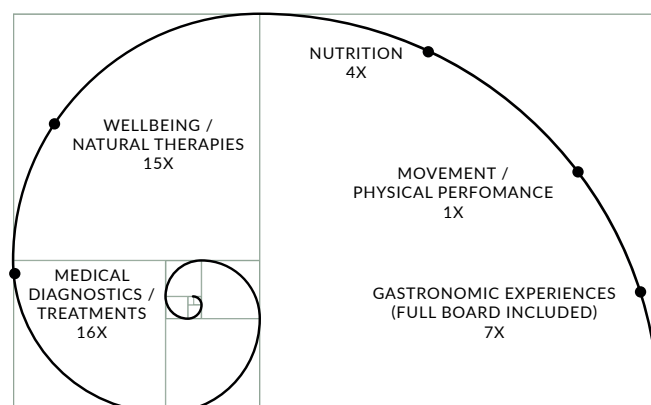
WHO IS IT FOR

Individuals with weakened immunity, recurrent fatigue or delayed recovery following illness, frequent travel or periods of increased demand. Particularly recommended as preventive support ahead of seasonal changes or phases of higher physical or mental load.

REASONS TO CHOOSE IT

A comprehensive clinical approach combining advanced immunological diagnostics, intravenous therapy and ozone therapy with structured nutrition and regenerative rest. It supports cellular defence mechanisms, contributing to a more robust and sustainable immune foundation.

7-NIGHT PROGRAMME STRUCTURE



Important information

- All programmes are personalised and adapted to each guest's physical condition, clinical needs and individual objectives.
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Services / ZEM Immunity Programme

Medical Consultations and Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Immunity Programme		
• Complete ILMI Test	1	1
• Autoimmunity and Immunodeficiency Profile	1	1
• Intestinal Microbiota Analysis Clinical Profile	-	1
Diagnostic LAB		
• Vital Signs		
• Advanced Electrocardiogram		
• Body Composition		
• 3D Body Scanner	1	1
• Cardiovascular Health and ANS		
• Grip Strength		
• Facial Skin Health		
• Mental Performance		
Initial Biointegrative Medicine Consultation	1	1
Rejuvenation and Longevity Medicine Consultation	1	1
Colon Hydrotherapy	1	2
Informative Aesthetic Medicine and Cellular Regeneration Consultation	1	1
• Aesthetic Facial Scan		
Healthy Pro-Ageing Medicine Consultation	1	1
Test and Analysis Results Consultation	1	1
Ozoneshield – Revitalisation and Cellular Defence	2	3
Biodental Consultation	1	1
ZEM Immune Booster IV Treatment with Intravenous Laser	1	2
Emotional and Mental Wellbeing Consultation	1	2
Final Biointegrative Medicine Consultation	1	1
Nutrition	7N	14N
Nutritional Assessment and Metabolic Bioregulation	1	1
Personalised Health Plan Consultation	1	1

Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Immune Balance Ritual	1	1
MLX i³Dome Triple Detox Metawell® Treatment	1	2
Detox Cupping Massage	1	1
OxyPro™ Hyperbaric Oxygen Chamber Treatment	2	4
Cryotherapy Treatment	2	4
Pro-Ageing 3-Step Circuit	1	2
Ice Bath and Conscious Breathing	1	2
Manual Lymphatic Drainage Massage	1	2
Private Body-Mind Connection Session	1	2
Aqua Relax Treatment – Watsu®	1	2
Abhyanga Ayurvedic Massage	1	2
Libra Edge Metawell® Treatment	-	1
Poultice Massage	-	1
Thermal Immunity Boost Ritual	1	2
Physical Performance	7N	14N
Functional Age Physical Assessment	-	1
Private Physical Performance Session (Personal Training / Pilates)	1	2
Group Experiences	7N	14N
Visit to Finca Althaya	1	1
Cooking Class	1	1



ZEM Advanced Aesthetics Programme

Beauty rooted in health.

Rates

3N

7N

14N

€ 3.400

€ 7.000

€ 10.500



EXPECTED RESULTS

Visible and natural improvement in skin firmness, luminosity and texture. The programme supports cellular regeneration and tissue oxygenation, contributing to a more rested and balanced appearance aligned with internal wellbeing.

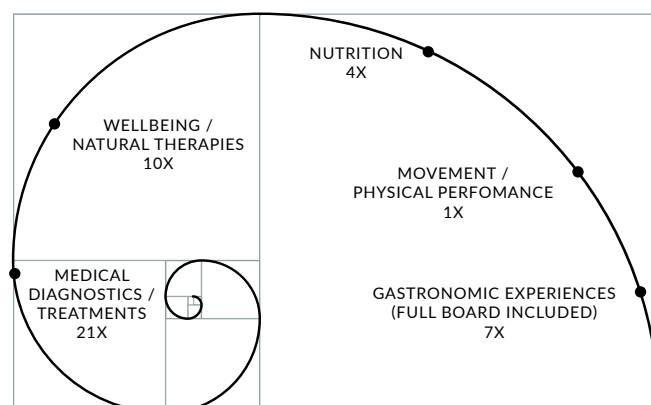
WHO IS IT FOR

Individuals seeking to improve skin health and address signs of ageing through a medical and regenerative approach. Particularly suited to those looking for natural, non-invasive results and a progressive improvement in skin condition.

REASONS TO CHOOSE IT

A clinical approach integrating advanced aesthetic medicine, targeted intravenous therapy and precision technology. ZEM Advanced Aesthetics supports deep skin regeneration, promoting coherence between skin health, radiance and natural expression.

7-NIGHT PROGRAMME STRUCTURE



Important information

- All programmes are personalised and adapted to each guest's physical condition, clinical needs and individual objectives.
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- Unlimited access to Spa, Fitness and Wellness areas is included throughout the stay.
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Services / ZEM Advanced Aesthetics Programme

Medical Consultations and Tests	3N	7N	14N
Basic Blood Analysis		1	1
Clinical Analysis – Advanced Aesthetics Programme			
• Vitamin Analysis Extended Profile	-	1	1
• Oxidative Stress and Free Radicals Test	-	-	1
Diagnostic LAB			
• Vital Signs			
• Advanced Electrocardiogram			
• Body Composition			
• 3D Body Scanner	1	1	1
• Cardiovascular Health and ANS			
• Grip Strength			
• Facial Skin Health			
• Mental Performance			
Initial Biointegrative Medicine Consultation	1	1	1
Rejuvenation and Longevity Medicine Consultation	1	1	1
Ozoneyouth – Deep Rejuvenation and Vitality	-	2	3
Aesthetic Medicine and Cellular Regeneration Consultation	1	1	1
• Aesthetic Facial Scan			
Test and Analysis Results Consultation	-	1	1
Biodental Consultation	-	1	1
Biodental Cleaning	1	1	1
Hair Health Diagnostic Consultation	-	1	1
Healthy Pro-Ageing Medicine Consultation	-	1	1
ZEM Glow Skin IV Treatment	1	2	3
EMSculpt NEO® Treatment	-	3	4
Emotional and Mental Wellbeing Consultation	-	-	1
Aesthetic Medicine and Cellular Regeneration Follow-Up Consultation	-	1	1
Exion™ Facial Treatment	1	-	-
Fractional Exion™ Facial Treatment	-	1	1
Hair Mesotherapy	1	1	1

Nutrition	3N	7N	14N
Nutritional Assessment and Metabolic Bioregulation	1	1	1
Nutrition Follow-Up Consultation	-	-	1
Personalised Health Plan Consultation	-	1	1
Wellbeing and Natural Therapies	3N	7N	14N
Spa Experience Circuit	1	1	1
Mediterranean Welcome Massage	1	1	1
Icoone® Body Slimming Treatment	1	2	3
Sahara Hammam Ritual	-	-	1
INDIBA® Body Remodelling Treatment	1	1	2
Hydrafacial® Scalp Treatment	-	-	1
Hydrafacial® Treatment	1	1	1
Body Rejuvenation Treatment	-	1	3
Facial Lifting Massage	-	1	2
Underwater Massage	-	1	2
INDIBA® Facial Rejuvenation Treatment	-	1	2
Hair Health Assessment	1	-	-
Physical Performance	3N	7N	14N
Functional Age Physical Assessment	-	-	1
Private Physical Performance Session (Personal Training / Pilates)	-	1	2
Group Experiences	3N	7N	14N
Visit to Finca Althaya	1	1	1
Cooking Class	-	1	1



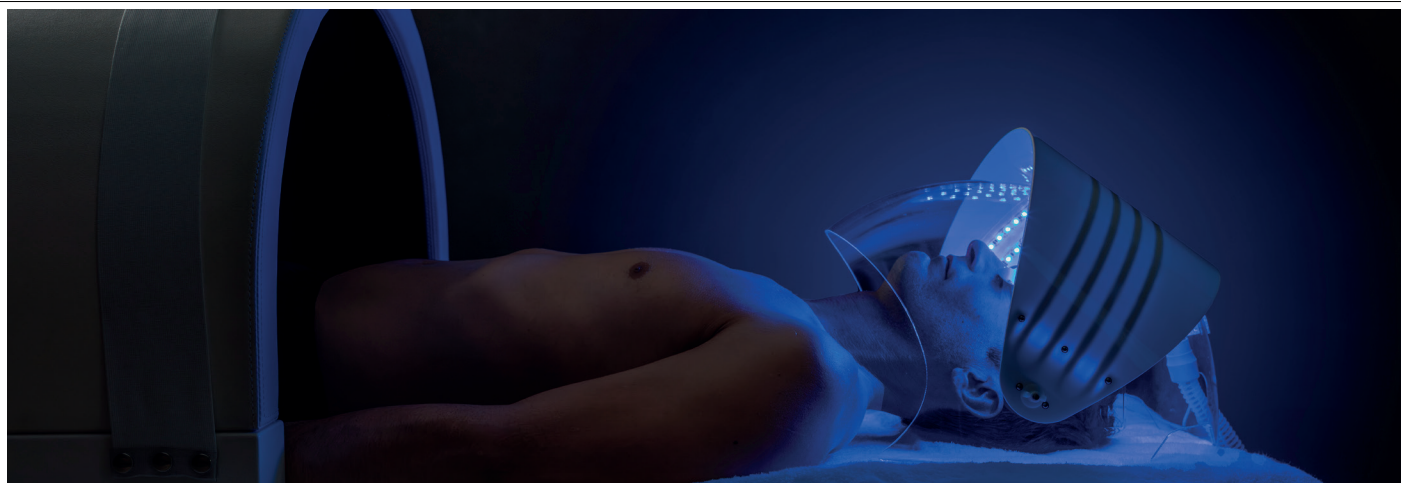
ZEM Prime Longevity Programme

Biological vitality. Sustained youthfulness.

Rates

7N 14N

€ 7.500 € 11.000



EXPECTED RESULTS

Optimisation of cellular health and age-related processes. The programme supports stable energy levels, enhanced mental clarity and metabolic balance, contributing to sustained vitality and measurable wellbeing indicators.

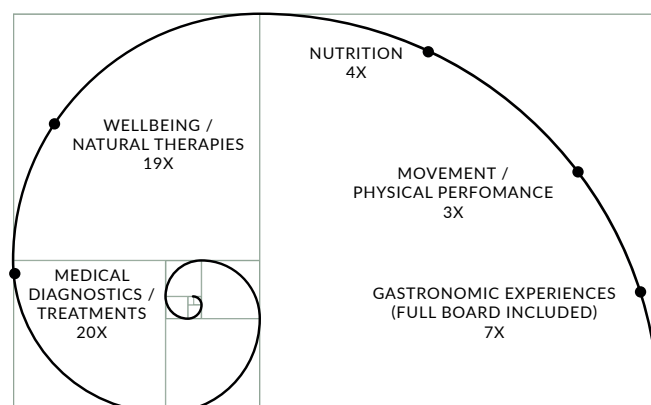
WHO IS IT FOR

Individuals seeking to maintain functional health, cognitive performance and vital energy over time. Particularly suited to those focused on preventive strategies addressing cellular ageing through advanced medicine and Mediterranean lifestyle principles.

REASONS TO CHOOSE IT

A comprehensive programme combining advanced diagnostics, intravenous therapy and regenerative and neurocognitive treatments. ZEM Prime Longevity addresses longevity from a structured clinical and preventive perspective, supporting informed and long-term health management.

7-NIGHT PROGRAMME STRUCTURE



Important information

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Services / ZEM Prime Longevity Programme

Medical Consultations and Tests	7N	14N
Basic Blood Analysis	1	1
Clinical Analysis – Prime Longevity Programme		
• Oxidative Stress and Free Radicals Test	1	1
• Telomere Length Determination	-	1
• NAD+ Level Determination	1	1
Diagnostic LAB		
• Vital Signs		
• Advanced Electrocardiogram		
• Body Composition		
• 3D Body Scanner	1	1
• Cardiovascular Health and ANS		
• Grip Strength		
• Facial Skin Health		
• Mental Performance		
Initial Biointegrative Medicine Consultation	1	1
Rejuvenation and Longevity Medicine Consultation	1	1
Colon Hydrotherapy	1	2
Informative Aesthetic Medicine and Cellular Regeneration Consultation		
• Aesthetic Facial Scan	1	1
Healthy Pro-Ageing Medicine Consultation	1	1
Pro-Ageing Performance IV Treatment	1	2
Test and Analysis Results Consultation	1	1
Neurocognition and Mental Performance Consultation		
• Personalised Neurotherapy	1	2
Emotional and Mental Wellbeing Consultation	1	2
Bone Densitometry	1	1
Biodental Consultation	1	1
O3 Vitalage Ozone – Regeneration and Longevity	1	2
Hypoxia-Hyperoxia Treatment	2	3
Hair Health Diagnostic Consultation	1	1
Final Biointegrative Medicine Consultation	1	1

Nutrition	7N	14N
Nutritional Assessment and Metabolic Bioregulation	1	1
Nutrition Follow-Up Consultation	-	1
Personalised Health Plan Consultation	1	1
Wellbeing and Natural Therapies	7N	14N
Spa Experience Circuit	1	1
Mediterranean Welcome Massage	1	1
MLX i³Dome Triple Detox Metawell® Treatment	2	3
ReLounge Metawell® Treatment	2	2
OxyPro™ Hyperbaric Oxygen Chamber Treatment	2	3
Cryotherapy Treatment	1	2
Private Body-Mind Connection Session	2	3
Vibrational Aquatic Ritual – Watsu®	1	2
Hydrafacial® Treatment	1	1
INDIBA® Facial Treatment	1	2
INDIBA® Body Treatment	1	2
Ice Bath and Conscious Breathing	1	1
Pro-Ageing 3-Step Circuit	1	2
ZEM Signature Body Massage	1	1
RLX BrainGym™ Metawell® Treatment	1	2
Physical Performance	7N	14N
Functional Age Physical Assessment	1	1
Private Physical Performance Session (Personal Training / Pilates)	2	3
Group Experiences	7N	14N
Visit to Finca Althaya	1	1
Cooking Class	1	1



Signature Health Check-Up

A Comprehensive 4-Day Preventive Assessment

4 NIGHTS / € 8,200

THE PROGRAMME

A preventive health check-up where ZEM's integrative medical approach meets IMED's hospital-level diagnostics, translating clinical precision into one clear outcome: a plan you can act on.

A carefully connected programme brought together in a way is not found anywhere else.

THE BENEFITS

With the ZEM Signature Health Check-Up, you move beyond separate pieces or scattered reports and leave with a structured vision of your health: what is working well, what deserves attention and what can be optimized to help you live better for longer.



Clinic	4 NIGHTS
Diagnostic Lab:	1
<i>Vital Signs</i>	
<i>Advanced Electrocardiogram</i>	
<i>Body Composition</i>	
<i>3D Body Scanner</i>	
<i>Cardiovascular Health & ANS</i>	
<i>Grip Strength</i>	
<i>Facial Skin Health</i>	
<i>Mental Performance</i>	
Comprehensive Laboratory Panel	1
Initial Bio-Integrative Medicine Consultation	1
Contrast-Enhanced Thoraco-Abdomino-Pelvic CT Scan	1
Brain MRI	1
Ophthalmology	1
Audiometry	1
Carotid Doppler Ultrasound	1
Mammography	1
Gynaecology / Urology	1
Cardiology	1
Neurocognition	1
Dentistry	1
Bone Densitometry	1
Physiotherapy	1
Colonoscopy	1
Final Bio-Integrative Medicine Consultation	1
Nutrition	4 NIGHTS
Nutritional and Metabolic Bioregulation Assessment	1
Wellness	4 NIGHTS
Mediterranean Welcome Massage	1
MLX Quartz Metawell®	1
Fitness	4 NIGHTS
Functional Age Physical Assessment	1

